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PHILADELPHIA NO. 1 FREE DAILY IN THE U
Tuesday, February 23, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

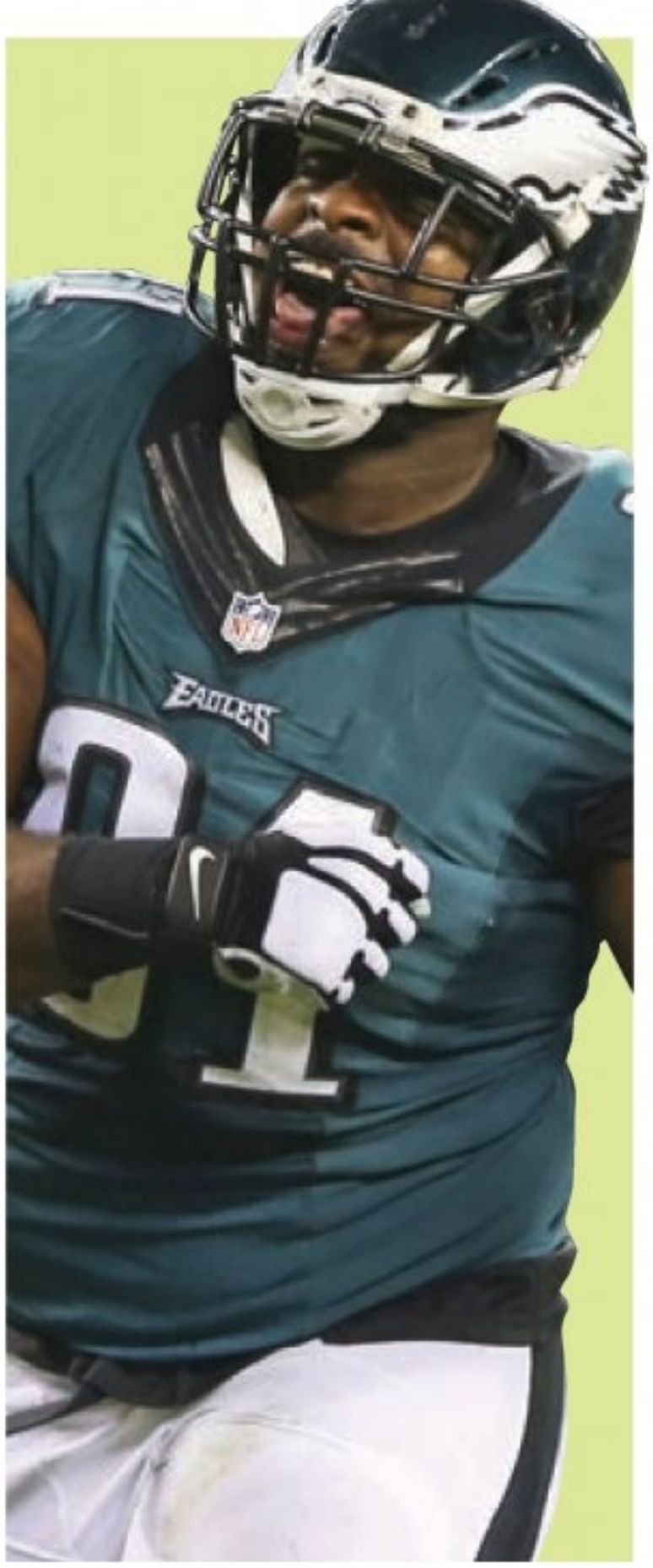
THE MARK WAHLBERG WORKOUT
His trainer tells us how the star stays in shape. 21

Stephan James on starring in the first Jesse Owens film. 17

Remembering Cara McCollum. 4

STARTING FROM SCRATCH

If you had to start over, which 10 Philly athletes would you take? Glen Macnow shares his picks. 23



ALL PHOTOS GETTY IMAGES

UBER DRIVER CHARGED

1 A Michigan man who worked as an Uber driver was charged with 16 counts, including six for murder, in the fatal weekend shootings of six people in Kalamazoo, documents filed on Monday by a county prosecutor said. Jason Dalton, 45, has been charged with six counts of open murder, punishable by up to life in prison, as well as two counts of assault with intent to commit murder and eight felony firearms violations. REUTERS

ENCRYPTION COMMISSION

2 Apple urged the creation of a government panel on encryption to help resolve a standoff over national security and data privacy that erupted last week after the technology company refused a U.S. government demand to unlock an iPhone linked to one of the killers in a mass shooting in California. It was the latest move in a public and symbolic showdown between the U.S. government and technology companies, both of which are keen to set a precedent over how far investigators can dictate tech firms handling of customers' data. REUTERS

LAB IS STILL TOP US DOG

3 The Labrador retriever retained the title of America's most popular dog breed for the 25th consecutive year, even as the upstart French bulldog stole the limelight in New York and other big U.S. cities, the American Kennel Club said on Monday. The chunky Lab, known for its loping gait and easy-going nature, owes its enduring popularity to its well-deserved reputation as a family pet, said AKC Vice President Gina DiNardo. REUTERS

CENTER CITY DOG PARK

7 Ellen Rutling, 29, holds onto her seven-month-old puppy, Ava, at the Schuylkill River Dog Park in Center City on Monday. Rutling, who lives in South Philly, just started bringing Ava to this dog park to play with larger dogs.

MAIN PHOTO BY MICHELLE GUSTAFSON, ALL OTHER PHOTOS BY GETTY IMAGES

ANIMAL CRUELTY CHARGES

4 The owner of two Cane Corsos that were found last month in a West Philadelphia home filled with feces and occupied by squatters was convicted of animal cruelty charges, the PSPCA announced. Detroy Johnson, 54, of the 2800 block of Judson Street, was convicted in absentia Monday on two counts of unsanitary confinement of dogs. He was ordered to pay $1,200, banned for 180 days from owning animals and must forfeit to the PSPCA his two Cane Corsos, Ike and Tina, whom he abandoned. SAM NEWHOUSE

ROAD REVIVAL EXTENDS

5 U.S. road travel rose by 4 percent in the nation's warmest December on record, government data showed on Monday, and capped a record-setting driving renaissance amid cheap gasoline prices and lower unemployment. Defying expectations that rapid year-on-year increases in driving would abate as motorists got used to low pump prices, drivers logged 264.2 billion miles on U.S. roads and highways in December, the most ever for the month, according to the U.S. Department of Transportation. REUTERS

CRUZ SPOKESMAN FIRED

6 A YouTube video of Marco Rubio filmed by a UPenn student has struck at the heart of the GOP presidential race. Cruz fired his main spokesman, Rick Tyler, on Monday afternoon over a video that falsely showed Rubio dismissing the Bible. Tyler had apologized late on Sunday for posting "an inaccurate story" involving a video purporting to show Rubio referring to the Bible and saying, "Not many answers in it." Tyler had retweeted a link to the misleading video and posted it on Facebook. Rubio was speaking to a Cruz staffer at the time. REUTERS

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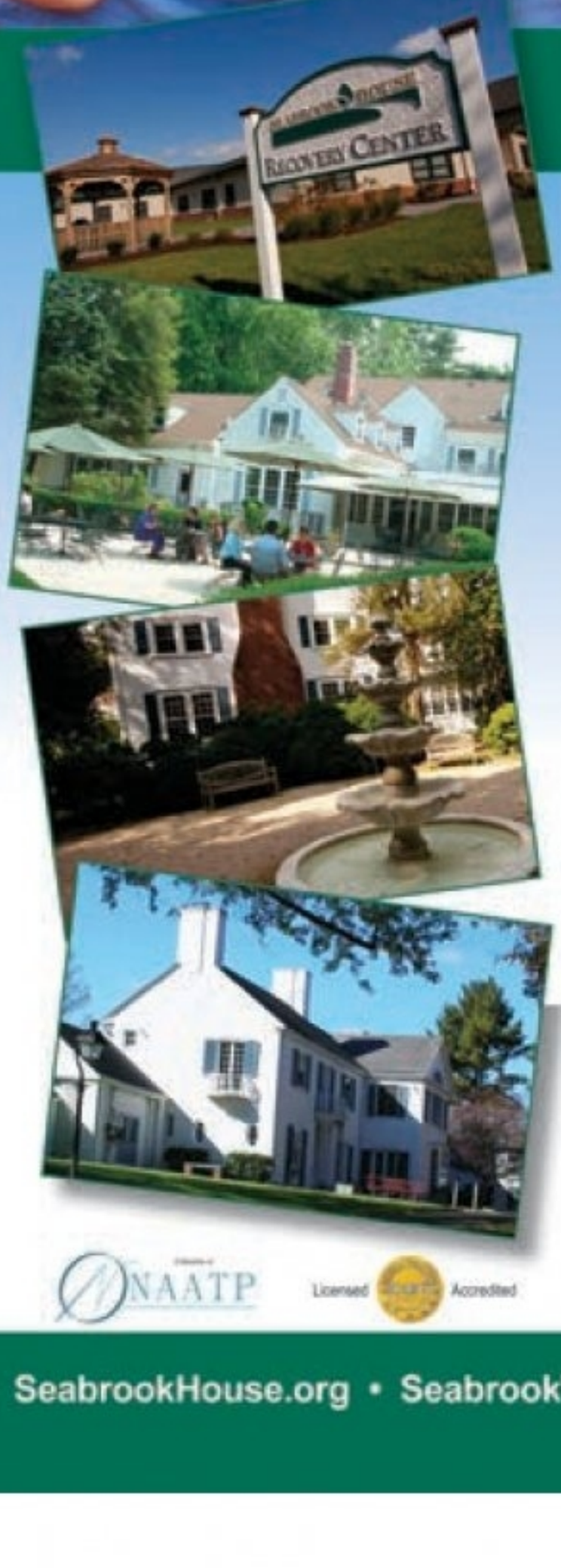

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Cara McCollum FACEBOOK

Tributes pour in for former NJ pageanteer

Cara McCollum succumbed to injuries sustained when her car ran off the road in Pittsgrove Township last Monday.

JASON NUCKOLLS and SAM NEWHOUSE
letters@metro.us

Cara McCollum, a former Miss New Jersey who was injured last week in a car crash, died from her injuries early Monday morning.

According to a post on the Prayers for Cara Facebook page, McCollum, 24, died shortly after 4:30 a.m. surrounded by her family.

"Cara passed away this morning. Her family was with her in the operating room, and she died peacefully at 4:31a.m.," Prayers for Cara posted. "Before she died, Cara made the selfless decision to donate her organs. At this very moment, she is saving lives."

"We've prayed constantly for a miracle, and we believe God has answered our prayers. Although it's not the miracle that we first envisioned, it's a miracle nonetheless," the post continued.

McCollum was driving a 2014 Ford Mustang convertible Feb. 15 when the vehicle spun off a New Jersey highway and hit trees before landing at an embankment, according to NJ.com. She was not wearing a seat belt at the time of the accident.

McCollum, an Arkansas native, won the title of Miss New Jersey in 2013 while a student at Princeton University. Most recently, she was working as an anchor on "SNJ Today," a South Jersey news show.

"Whether you had the privilege of knowing her or if you enjoyed her newscasts during her all too brief time with us, you know that her smile, determination and sincerity made her a beloved individual," SNJ Today president Ken Pustizzi said in a statement. "Cara showed warmth to everyone she met. She was a part of our news team family and we are gratified to have worked with her — even for such a short time. We will miss her terribly."

McCollum had just finished recording the Monday evening news Feb. 15 before she was involved in the crash.

"Though she sadly passed away this morning, my 'Béshe' still provides me endless love, warmth, encouragement, purpose, and fulfillment. Words fall short of describing the pain and grief, but her company was a joyous blessing. It was unlike anything I'd ever experienced. I was holding her hand to the very end," wrote NBC Philly news anchor Keith Jones, McCollum's boyfriend, on Instagram, along with a picture of the couple on their first date. "I love you forever, Cara."

> *"The world lost a beautiful person."*
> Philly sports anchor Jillian Mele tweeted.

Tributes poured in for McCollum and thousands of people offered their condolences on social media as the news of her passing spread Monday.

"Very sad to learn of the passing of Miss NJ 2013 Cara McCollum," New Jersey Gov. Chris Christie tweeted. "Thoughts & prayers to her family, friends & the @MissAmericaOrg community."

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Bill Cosby and wife Camille GETTY IMAGES

Cosby's wife must testify

Camille Cosby will be forced to testify in a lawsuit about her husband's "personal interests."

A lawyer for seven women who have accused Bill Cosby of sexual assault said on Monday he planned to ask the comedian's wife about the couple's relationship in a deposition for his clients' defamation lawsuit.

The deposition of Camille Cosby, who has been married to the entertainer for 52 years and manages his business, was set to go forward in Massachusetts, despite a last-minute plea to spare her from answering questions in the closed-door session.

Plaintiff's lawyer Joseph Cammarata told reporters he intended to "vindicate our clients' interests" after a morning hearing at U.S. District Court in Springfield, where a judge ruled that the deposition would go ahead.

U.S. District Judge Mark Mastroianni ruled earlier this month that Camille Cosby would have to talk to lawyers bringing the defamation lawsuit against her husband, although she could not be compelled to reveal private conversations with him.

More than 50 women have publicly accused Bill Cosby of raping them after plying them with alcohol or drugs.

Most of the alleged crimes date too far back to be prosecuted. But just days before the statute of limitations was to expire, Pennsylvania officials late last year charged Cosby with sexually assaulting a woman in 2005.

Cosby, 78, has repeatedly denied wrongdoing, but a Pennsylvania judge early this month rejected his request to dismiss the charges.

Tamara Green filed the Massachusetts lawsuit in December 2014. She was later joined by six other women who say Cosby sexually assaulted or abused them and defamed them by calling them liars. REUTERS

"I expect to ask her about her relationship with Mr. Cosby, her relationship to his personal interests, his business interests and matters that are relevant to the issues in the case."

Cammarata

BRIEFS

Thief abandoned daughter at Center City Macy's after being caught: Police

A Philadelphia woman who was apprehended while shoplifting escaped from custody and abandoned her 4-year-old daughter, police said Monday.

An arrest warrant has been issued for Mahogany Ashly Terry, 27, of the 2400 block of North 29th Street, police said.

The daughter is now in the custody of Terry's relatives, police said.

Terry allegedly had her daughter in tow when she was caught by Macy's security at the 13th and Market store after having stolen $1,400 worth of merchandise around 6:10 p.m. on Feb. 11.

Police said security detained Terry and left her and her daughter in a room with Terry cuffed to a bench by one hand.

Terry "managed to free herself from the handcuff, and escaped out the room, leaving her daughter behind," a police report stated.

The child was transported to the Department of Human Services and later reunited with relatives, police said.

Courts records show Terry was previously arrested for retail theft twice in recent months, in October and December of 2015. Those cases are still pending in court.

Anyone with any information about Terry's whereabouts is being asked to call Central Detective Division at 215-686-3093 or call 911.

SAM NEWHOUSE

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BRIEF

Judge rejects sex trafficker's request to remove guilty plea

An eastern Pennsylvania man who earlier pleaded guilty to conspiracy to commit sex trafficking by force and related charges is now trying to remove his guilty plea, claiming he only claimed guilt in an effort to get a reduced sentence.

Allentown resident Corderro Cody, 28, testified Friday that, although he admitted to forcing a dozen women to have sex for money, he now believed he could fight the charges, the Allentown Morning Call reported.

"There was never a day when I felt I was guilty," Cody was quoted by the Morning Call.

Cody submitted his guilty plea in October, days before his trial was to start, the Morning Call added. His victims and various other witnesses were slated to testify to his involvement in "The Program," an interstate sex-trafficking operation that manipulated women through violence, coercion, humiliation and controlling access to their children.

U.S. District Judge Edward G. Smith rejected Cody's motion, saying that Cody did not establish a fair reason for a withdrawal, NBC stated in a related report.

"I don't find any credible facts in the record to suggest Mr. Cody had a credible defense," Smith was quoted by the Morning Call.

As part of Cody's guilty plea, attorneys had agreed on a 30-year prison sentence and a fine of $3.75 million, NBC added. He is expected to be sentenced next month. JASON NUCKOLLS

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Drag racing behind crash that killed 3; 2nd driver sought: Cops

Police identified the driver whose three passengers died after a high-speed race last summer and are seeking a second driver.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Christopher Bloomfield

Ryan Farrell

Two young men drag racing last July caused the deaths of two young women and a young man, police said Monday.

The driver of the 2007 Acura that split in two after hitting a tree was identified as Christopher Bloomfield, 20, of the 800 block of Knorr Street.

Bloomfield now faces charges of homicide by vehicle and involuntary manslaughter for the deaths of Yvette Gonzalez, 17, Sabrina Rhoads, 17, and Felip Hernandez, 20, all of whom were passengers in the car. Gonzalez and Rhoads both died after being ejected from the vehicle. Hernandez died trapped in the wreckage.

Police announced for the first time Monday that Bloomfield was drag racing at the time of the crash around 11:44 p.m. on July 29 on Sandemeyer Lane in Northeast Philly when he hit a curb and crashed into a tree.

A fourth passenger in Bloomfield's vehicle, a 17-year-old man, was critically injured. Police responding to the scene did not locate Bloomfield until 4 a.m. when they learned he was transported to a hospital by a private vehicle.

Police have issued an arrest warrant on charges of vehicular homicide against Ryan Farrell, 20, of the 10000 block of Northeast Avenue, after determining he was the other driver racing with Bloomfield at the time of the crash. Police did not state how they determined Farrell was the other driver.

Got information on Ryan Farrell?

Anyone with information about Farrell's whereabouts is being asked to contact the Accident Investigation District at 215-685-3180 or call 911.

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Bald eagle mama guards nest eggs

Two proud American bald eagles can be seen keeping watch over their two new eggs thanks to a web-cam set up inside Codorus State Park in Hanover, Pennsylvania. The first egg appeared in the nest on Feb. 18, leading to web traffic that promptly crashed the webcam. The second egg came over the weekend. Bald eagles have been known to reside in the park since 2005. The park is hosting eagle nest-watching events from 1 to 4 p.m. on Saturday and Sunday. PROVIDED VIA CODORUS STATE PARK

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Alabama man killed after tracking stolen cellphone with app

An Alabama man who used a computer app to track down his stolen cellphone was shot and killed when he tried to retrieve it from the suspected thief, police said on Monday.

The 23-year-old victim's phone was stolen from his car in Fairfield, Alabama, a suburb of Birmingham, said Fairfield Police Chief Leon Davis.

The tracking app led the victim to a church parking lot near Miles College late on Sunday, Davis said.

The man was believed to have "arrived on the scene and hit a button on the app that made the phone ring inside a vehicle," the police chief said in an interview. "When he went to retrieve the phone inside the vehicle, the suspect shot and killed him."

The victim and the shooter apparently knew each other, Davis said. The suspect has not been arrested but police have "very good leads" as to his identity, he added.

The case illustrates the danger of people trying to apprehend cellphone thieves on their own with the help of tracking apps, Davis said.

"Notify police and let them handle the recovering," he said. REUTERS

BRIEF

Pentagon to submit plan to Congress for closing GITMO

The Pentagon is expected to submit to Congress on Tuesday President Barack Obama's long-awaited plan for closing the U.S. military prison at Guantanamo, setting up a battle with lawmakers who oppose his efforts.

Obama, whose pledge to shut the facility at the U.S. naval base in Cuba dates back to the start of his presidency in 2009, is seeking to make good on his plan before he leaves office next January.

Pentagon spokesman Captain Jeff Davis said the administration intended to meet Tuesday's deadline for sending Congress a proposal for closing the facility. There are still 91 prisoners detained there.

"We understand the deadline is tomorrow and it's our intent to meet it," Davis told a press briefing on Monday. "We're working on it and intend to submit it soon."

U.S. officials have said the plan would call for sending to their homelands or third countries detainees who have been cleared for transfer and bringing remaining detainees to U.S. soil to be held in maximum-security prisons. REUTERS

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Atlantic City mayor calls NJ takeover plan 'fascist dictatorship'

Details of proposed legislation, released last week, would deny residents their civil rights by stripping municipal powers from locally elected officials, Mayor Don Guardian said Monday, echoing previous concerns from community activists.

The shuttered Revel casino on the north end of the boardwalk. GETTY IMAGES

Atlantic City's mayor has called a state plan to cede control of the fiscally distressed gambling hub a "fascist dictatorship," a sharp reversal of his previous position on the proposed takeover.

"The final piece of legislation that the state presented to us was far from a partnership," Guardian said, addressing hundreds of residents and city workers at an outdoor news conference next to City Hall. "It was much worse. It was absolutely a fascist dictatorship."

The plan calls for the state to appoint an official who would have the power to make unilateral decisions about canceling collective bargaining agreements, selling city-owned assets, entering contracts, terminating employees and vetoing city council minutes, Guardian said.

The mayor's comments marked a fiery change of tone from just a month ago, when Guardian stood next to New Jersey Gov. Chris Christie and state Senate President Steve Sweeney in support of the intervention. However, that was before the bills had taken shape.

City officials previously threatened to file for a municipal bankruptcy. But such a move would likely not be approved by the state, which already oversees the city's budget.

Nevertheless, officials raised the subject again Monday, saying they might petition the state for a bankruptcy declaration if they cannot negotiate a settlement with the Borgata Casino Hotel & Spa.

Atlantic City owes the Borgata, its most profitable casino, at least $160 million of property-tax appeals. The city missed a recent deadline to pay a $62.5 million portion of that, prompting the Borgata to skip its $7.5 million tax payment for the first quarter of 2016.

The parties are in 45-day court-ordered negotiations, Guardian said, but if there is no settlement the city could try to seek out bankruptcy.

Atlantic City is on track to run out of money within two months. The latest legislative package would also include a less divisive bill that allows casinos to make fixed payments in lieu of taxes.

That bill is aimed at stabilizing the city's property-tax base, which has shrunk dramatically because of gambling competition from neighboring states. Four of the city's 12 casinos that shut in 2014 remain closed. REUTERS

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FEELING LUCKY?

The Dems have Las Vegas in the rearview mirror, but the Repubs are roaring up on it like a bureaucratic bachelor party. On both sides of the presidential race, the stakes are rising rapidly as the big Super Tuesday votes loom. Here's what to watch this week in politics:

Three of a Kind?
Republican voters will caucus in Nevada Tuesday and Donald Trump is hoping promising polls will deliver him his third win in a row. But many eyes will once again be on the race for second and third — Marco Rubio and Ted Cruz in particular will be watching closely. That said, don't expect any of the remaining campaigners to bow out immediately no matter how it goes. They'll let it ride until at least the first week of March, but then Jeb Bush and the others who have already abandoned the race may have more company on the golf course.

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

Hit Me Again, Dealer
On the Dem side, CNN will hold another town hall meeting the same day of the GOP Nevada caucus. Watch for Sanders and Clinton to hit each other hard. She is encouraged after the win in the west, but knows she is not in the clear yet. He is steadily grinding away at voting blocs she thought she could reliably build upon, and she has not had a particularly strong win yet to dispel doubts about her electability. She needs a big win when South Carolina Democrats vote on Saturday. As for Sanders, he knows he's playing in potentially hostile territory so all that matters: Does he beat expectations?

Know When to Hold 'Em
Meanwhile, over at the White House, President Obama is scrutinizing possible Supreme Court nominees. When we finally get a name watch the war erupt: If he chooses a liberal, GOPers will accuse him of just trying to start a fight. If he goes with a moderate, some stalwarts on the Republican side will instantly revive their original complaint: The next president should make that choice.

Islamic State forces shrink, as does their pay: US intelligence

U.S. estimates of the number of Islamic State fighters in Iraq and Syria have been reduced while cuts in their pay are evidence they are on the defensive, a spokesman for the U.S.-led coalition fighting the group said on Monday.

But the task of defeating Islamic State is complicated by Russian airstrikes in Syria which are 90 percent targeted at opposition fighters and not at the jihadist group, U.S. Army Colonel Steve Warren said.

Warren said increases in forced conscription, the recruitment of child soldiers and the use of elite fighters in common units were all evidence that Islamic State was seeing a slowing in the influx of foreign fighters.

"We believe that Daesh is now beginning to lose. We see them in a defensive crouch," Warren told reporters in London, using an Arabic acronym for Islamic State.

U.S. intelligence estimates of the number of Islamic State fighters, which for the first 17 months of coalition operations ranged from 19,000 to 31,000, had been revised to 20,000 to 25,000 — a level he said the group would struggle to maintain.

"They have been able to replenish their forces at roughly the same rate as we've been able to kill their forces. That's hard to sustain," he said.

Warren said that until recently the average local Islamic State fighter was paid about $400 a month, while foreign fighters, who tended to be "better" because they were more committed and fanatical, were on $600 to $800 a month.

However, recent announcements by the group and other evidence suggested that common fighters' pay had been cut by half, while it had also reduced pay for the foreign recruits, though perhaps not by such a large proportion, he said.

Smoke billows following an airstrike by the U.S.-led coalition. GETTY IMAGES

Warren said the group had lost 40 percent of the territory it once controlled in Iraq, and 10 percent in Syria, where the coalition's job was much harder, partly due to the Russian airstrikes.

REUTERS

BRIEFS

US motorists took to the roads in record numbers in 2015: DOT
The U.S. road renaissance continued into December as motorists logged 4 percent more miles than a year earlier and helped shatter the previous annual record, government data released Monday showed.

Motorists traveled 264.2 billion miles on U.S. roads and highways in December, the most ever for the month, according to the U.S. Department of Transportation.

For the full year, U.S. drivers traveled 3.15 trillion miles, 3.9 percent more than the previous record set in 2007.

Steadily sliding gasoline prices and a growing number of jobs have encouraged more driving. The average U.S. pump price for gasoline was $1.71 a gallon on Monday, compared with $2.29 a year ago, according to motorists' advocacy group AAA.

Driving activity in the United States is closely watched since the country accounts for about 10 percent of global gasoline demand.

REUTERS

Chief Justice Roberts pays tribute to late Supreme Court colleague Scalia
Supreme Court Chief Justice John Roberts paid tribute to his late colleague Justice Antonin Scalia in brief remarks as the Supreme Court returned to the bench Monday.

Roberts called Scalia "our man for all seasons" and said he and his colleagues "shall miss him beyond measure."

The court was sitting for the first time since Scalia, 79, died on Feb. 13 at a Texas hunting resort. His chair, draped in black, was left empty as the eight remaining justices prepared to hear oral arguments in two cases.

Scalia was a conservative mainstay who was known for posing tough questions to lawyers and for provoking laughter with his observations during oral arguments.

His death left the court with four conservatives and four liberals, and triggered a furious fight between President Barack Obama, who is set to name Scalia's successor, and Senate Republicans who have vowed to block any nominee from the Democratic president, with the court's balance of power at stake.

Court observers said Scalia could have represented the deciding vote in one of the two cases to be argued on Monday, involving the Fourth Amendment rights of criminal defendants.

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Here's your first look at Saint West

During all this "Life of Pablo" and "SNL" nonsense with Kanye West, have you just been asking yourself, "Enough already — when are we going to get to see his newborn son?" You might be a little weirdly preoccupied, but Kim Kardashian has your back anyway. The social media maven unveiled the first look at her and West's baby boy on her website and app, posting a pic of young Saint slumbering with adorably raised arms. Who knows, maybe he's jamming out to "Formation" and not just napping. "Today is my dad's birthday," Kardashian writes alongside the image. "I know there's nothing more in the world he would have wanted than to meet his grandchildren. So I wanted to share this pic of Saint with you all." The Internet appreciates it too, Kim.

KIM KARDASHIAN/ INSTAGRAM

Hillary Clinton looking for some of that Kylie Jenner mojo

In Hillary Clinton's quest to secure that elusive youth vote, one Jenner sister just isn't enough. While Clinton has already picked up a friendly backing via Instagram by Kendall Jenner, she knows the real prize is Kylie Jenner's support. "Hillary has been really worried about her support with millennials. She has a great relationship with the Kardashians, so her people have been trying to get Kylie Jenner to endorse her," a source close to the campaign tells Radar Online. "Hillary is courting Kylie because she needs the help and she thinks it will help her connect to a younger demographic. Kylie is the perfect age to support Hillary now and she has exactly what Hillary needs. She's 18 and she has over 50 million followers on Instagram." Sure, but does Kanye West get to weigh in on this deal, too?

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Taylor Swift orchestrates a Kesha bailout

ALL PHOTOS GETTY IMAGES

Clearly, Kesha has not been having a great few days following a judge's decision to side with Sony in her petition to get out of her contract with producer and alleged rapist Dr. Luke.

But there's some good news: Taylor Swift has swooped in to offer some financial help, no strings attached. "In a show of support, Taylor Swift has donated $250,000 to Kesha to help with any of her financial needs during this trying time," a spokesperson for Swift says in a statement. Kesha's mom verified the news, tweeting, "Taylor Swift has just generously donated $250,000 to Kesha as a show of support during this difficult time. Amazing!"

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Jesse Owens finally gets his big movie

Stephan James had to learn how to super-sprint for the new drama "Race."

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Stephan James plays legendary Olympic runner Jesse Owens in "Race." FOCUS FEATURES

Getting the story of famed Olympic runner Jesse Owens to the screen has been a long time coming. For 22-year-old Canadian actor Stephan James, who played activist John Lewis in "Selma" and now portrays Owens in "Race," which chronicles the lead-up to the 1936 Berlin Olympics, the last stretch of waiting was extra agonizing: The film was shelved for a year.

How do you wrap your head around playing such a big figure in history — who for some reason hasn't been explored on screen before?

It's crazy to think about it. It's crazy that this film has landed in my lap 80 years later. But I can't say that I'm mad that it has. Obviously it's a big, big story to tell, [about] a guy who is essentially larger than life, somebody who changed not only the sport but the world. I'm still pinching myself every day.

What was the process like for you?

It started mentally and doing my research — reading some of his books, and there are only so many YouTube clips you can find from 1936. I tried to take what I could see in terms of his interviews to see his cadences and the way he carried himself. I started physical training at Georgia Tech about two months beforehand. I was working on "Selma" at the time in Atlanta, and every off day I had, I was training to be Jesse for "Race." For me, it was not just about running fast but running like him.

How fast did you end up getting?

I got pretty quick. I think was doing the 100 [meter] in just over 12 seconds or something like that. So, yes I got pretty fast.

I found it fascinating how much restraint he had to show in all of these situations, which is understandable given the time period but frustrating to watch for a modern viewer.

It's part of what makes him so great — the fact that he was able to show restraint and be reserved in certain situations and let all those feelings and emotions be expressed through his running. It's tough as an outsider to look at it and see the way it went, but you try to be accurate in telling the story.

Was it tough to look into that period historically, given how things were for African-Americans?

Obviously when you're in these situations you have to immerse yourself in that time. So for me, it was about feeling like we were actually in Ohio [where he went to school] in 1935, or in Berlin in 1936. And, yeah, some of that stuff is difficult to digest, but again they're very real things and we didn't try and shy away from that.

GETTY IMAGES

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Rita Ora gets away with looking like she rolled out of bed, threw on some makeup, heels and was out the door.

Can you really wear sweatpants anywhere?

The handlers controlling the velvet ropes tell it to us straight.

EMILY LAURENCE
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As we saw at New York Fashion Week, the activewear trend is still going strong. Besides Kanye's Yeezus line, Rihanna's debut Puma collection also featured sweats. Maybe we've all just gotten lazy — or maybe fashion has just become more functional, but these days, every major designer seems to have an activewear line. And wouldn't it be nice to roll up to the club in sweatpants instead of an uncomfortable thigh-bearing mini-skirt? To find out if it truly is socially acceptable to wear designer loungewear anywhere, we reached out to a few people who control the velvet ropes at some of New York City's most exclusive haunts.

At PH-D Lounge, it's a hard no. "The glam and style of nightlife is still important to ensure a seamless entry into a venue like PHD Terrace or PHD Rooftop Lounge," says Laurent Baud, the director of marketing and promotions for PHD Terrace.

"Even though high end brands are selling sweat suits for pricey tags, they will never replace the icon of style and a gentleman's class. If a guest showed up in sweats, we would politely decline entry or politely ask that hotel guest to go back to their room to change," he says. For what it's worth, Baud says they'll totally let you in if you're wearing jeans.

This would most likely disappoint Alexander Wang, who kicked off the whole activewear trend in 2014 with his H&M capsule collection. Wang told us

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one of his ideas for the collection was "sports at night." For him, it was never really about the gym. "I'm not an athlete. I don't work out, but I wear gym clothes almost every day," he told us.

There's a little bit more flexibility at swanky cocktail lounge The Skylark. "We're not looking for people to roll up in their high school lacrosse sweats, but with everyone from Stella McCartney to Y-3, Fendi, Versace and Chanel making great activewear, our door people need to keep an eye out for guests who show up looking stylish and put together, not sloppy or lazy," says David Rabin, who is a partner for The Skylark. "I'm sure most people will understand that stylish venues are expecting guests to show up looking smart."

While activewear is definitely more socially acceptable outside of yoga class than it used to be, it looks like you have to take your chances when it comes to this trend.

A look from Fig & Viper's fall 2015 collection. ALL PHOTOS GETTY IMAGES

Adidas sweatpants aren't just for the locker room anymore.

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Behind the Midas touch

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This exclusive exhibition by the Penn Museum displays more than 120 ancient objects to give a clear look into the time of the legendary king.

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The ancient Phrygians certainly enjoyed their beer.

That's one major takeaway from Penn Museum's new exhibition, "The Golden Age of King Midas." The display cases are well stocked with finely decorated, long-spouted vessels meant for drinking their version of the brew: a combination of beer, wine and honey mead.

In large part those artifacts come from the towering funerary mound of Midas' father, Gordios, whose entombment was celebrated with a massive feast.

One result of the Penn Museum's 65-year excavation of the site of the city of Gordion, in what is now central Turkey, is that they've found traces of that banquet in unearthed vessels, providing the menu for the occasion.

As for the brew that was apparently so heartily enjoyed, the recipe discovered by Penn archaeologists forms the basis for Dogfish Head's unusual brew "Midas Touch."

While a bottle of Dogfish Head beer is part of the exhibition, golden artifacts aren't — a surprise given the myth of King Midas and his golden touch. But Penn scientists believe they've traced the source of that familiar story to a shroud buried with Gordios. It was coated in a pigment called goethite, which would have lent the Phrygians' clothing a golden sheen.

"So you have the upper crust of Gordion wearing elaborate gold garments covered in this pigment, making them look almost like a golden society," explained curator C. Brian Rose, who has been working at the site for more than 30 years. "That is probably the origin of the golden touch, and we know this because of the work our conservators have done on this cloth."

"The Golden Age of King Midas" features more than 120 objects, the majority of them on loan from four museums in Turkey. The exhibition includes a wealth of vessels; a portion of the oldest colored pebble mosaic floor known in the world; jewelry and other artifacts; a tall limestone relief depicting a winged genie; and a plaster bust of Gordios himself inside a virtual recreation of his tomb — the oldest standing wooden building in the world.

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Mark Wahlberg's fitness secret

His trainer tells us how it's done.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

We asked Wahlberg's trainer and Brik Fitness owner Brian Nguyen what we regular people can do to bulk up, Marky Mark style, and he shared one of Wahlberg's secrets: Power Plate. The strengthening tool uses vibration technology to stimulate muscles to contract faster than they can on their own. It helps tone whatever muscles you are targeting. All your favorite body-resistance strength-training moves can be done with the Power Plate, which now comes in a smaller version specifically designed for those of us with tiny apartments. Here, Nguyen tells us the three moves he makes Wahlberg do.

Warmup

What: Combination of glute stretch and low-back stretch.
Why: Stretching glutes and the lower back allows you to better perform athletics as well as everyday activities.
How: Sit upright in the middle of the plate — feet in front of you. Bring your right knee toward your left shoulder and hold it there with left hand. Press start and rotate your upper body to the right as far as you comfortably can. Reverse and repeat with other leg. Hold for 30 to 60 seconds on each side.

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T-pushups:

What: Works chest, arms and shoulders, and requires core and balance stability.
Why: Arm, shoulder and core muscles are challenged and strengthened by this pushup position and rotation.
How: Assume pushup position with legs spread 1 foot apart, placing your hands on the plate. Press start and do one pushup. As you reach the top, rotate onto one arm, extending the other arm toward the ceiling. Reverse and repeat. Hold for 60 seconds on each side with the Power Plate on high amplitude.

Cool down: down dog stretch

What: Stretches lats, low back, hamstrings and calves.
Why: Prevents muscle tightness and soreness.
How: Start with hands on the plate and toes curled to floor. Start the plate and press your bum up and back away from your hands, allowing your heels to contact the ground. Allow your head to drop between your arms, ideally forming an upside-down V with 90 degree angle at the hips. Hold for 60 seconds.

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This is how an athlete gets ready for the Olympics

Natalie Coughlin is only one medal away from being the most decorated American female Olympic athlete in history. GETTY IMAGES

Plus, is Olympic Village is as wild as it sounds?

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Natalie Coughlin is a pretty big deal. Not only is the swimmer a 12-time Olympic medalist, she is one medal shy of becoming the most decorated American woman Olympic athlete in history. A goal, which she will likely meet this summer in Rio. We caught up with Coughlin to see how training is going, what keeps her fueled up and more.

What does training for the Olympics even involve?
I'm in the water six days a week, two hours at a time. I'm also in the gym 90 minutes a session, four times a week. I'm constantly training, but recovery is a big part of training too. In my down time, my biggest hobby is cooking. I decompress after training by cooking a really wonderful dinner or prepping breakfast for the next morning.

What do you eat to keep your body running properly?
Getting a lot of protein is the most important thing for me. I have protein for breakfast, lunch and dinner, and also snacks. I always have almonds on hand and other great sources of protein to make sure I'm recovering and repairing for my body for the next practice or competition. I have what I call my emergency packs, which contain almonds, herbal teas and chocolate — for when my sweet tooth comes around!

Was there ever a moment when you felt like quitting?
I've definitely experienced points where I needed to step away from swimming, just because it's exhausting and all-consuming, but it wasn't the competition that made me feel that way. It was just thinking about [swimming] seven days a week, 365 days a year. But I absolutely love my job.

Be honest — does the Olympic Village live up to the scandalous headlines that pop up every summer Olympics?
Olympic Village is just like college, except everybody is an athlete preparing for the biggest moment of his or her life. Stress is definitely high. I think all the rumors come from people needing to blow off steam, but honestly, it's not as exciting as people think. It's mostly a lot of sleeping, resting and waiting for your race.

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COX, GHOST PHILLY'S TOP PLAYERS

THE SPORTS PROFESSOR

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Imagine if each of Philadelphia's 120-plus pro athletes became free agents tomorrow. What if you could only lock up 10 for, say, the next five years, while the others left town? Who are the elites you would keep?

The first name is easy. **Fletcher Cox** rose to star status in 2015. Now a defensive tackle in the Eagles' 4-3 defense, Cox can rush the passer, stop the run, make the clutch play. His re-signing is at the top of Howie Roseman's to-do list, and we'll put him at the top of ours.

Next, we'll keep a Flyer who, as a 22-year-old rookie, has already set NHL scoring records. I've been prematurely guilty of comparing defenseman **Shayne Gostisbehere**'s style with a certain Hall of Famer (Paul Coff–, er, never mind), so I'll back down. But I do believe as the wispy kid fills out and matures, he'll be a perennial all-star.

Let's add a few young Phillies. **Maikel Franco** played a half-season at 3B, and was on pace for 28 homers and 100 RBIs. He'll top both those number this season. **Aaron Nola** came up and flashed enough guile and confidence that manager Pete Mackanin compared him to a young Greg Maddux. The skipper's projection is even more outlandish than ours on Ghost, but we'll certainly buy into Nola as a future front-line starter.

For purposes of this exercise, players yet to appear in the pros are exempt. So top SS prospect J.P. Crawford can wait, for now. Likewise, we hope to see Flyers defenseman Ivan Provorov and Sixers enigma Joel Embiid (pretty please) push their way onto the list by Halloween.

If not extended, Fletcher Cox will become an unrestricted free agent in 2017. GETTY IMAGES

Just one Sixer gains entrance to this exclusive club. GM Sam Hinkie foolishly flirted with trading **Jahlil Okafor** last week, but we're putting on our fictional five-year franchise tag. Yes, the 20-year-old can't play defense (yet), but 17.4 points and 7.3 rebounds per game as a rookie sells us on his future.

Of course **Claude Giroux** stays. Not one NHL player has scored more points in the past five seasons. At 28, Giroux's good for another five. And we'll hold teammate **Jakub Voracek**, even while griping that Voracek's $8.25 million annual price tag is excessive.

Need to add a few Eagles. We'll trust that **Lane Johnson** evolves into that lockdown left tackle in the future. And we'll repeat our annual prediction that tight end **Zach Ertz** makes the Pro Bowl, rather than just stringing together a half-dozen good games each season.

That's nine guys. Who gets the last spot? We considered Nerlens Noel, Odubel Herrera, Wayne Simmonds, Jordan Matthews and Bennie Logan. But in the end, it's Eagles middle linebacker **Jordan Hicks**. He was off to a Rookie of the Year start last season before getting hurt. Injuries are a problem, but let's take a flier on his future greatness.

Oh, and not making the list? Sorry, Sam Bradford. We may commit to that one-year NFL franchise tag. But five years? No way.

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Jenkins says 'every player, every coach' wants Bradford back

Malcolm Jenkins, the Eagles' star safety and newly extended team leader, might not be the authority on what his team plans to do at quarterback.

But in a news conference Monday announcing his $40.5 million deal (with $21 million guaranteed), the defensive back made a bold statement.

"I don't know from a business standpoint where the team is at and where Sam [Bradford] is at," Jenkins said. "As a player you sit back and hope for the best. I think everybody in this building wants Sam as our quarterback, that's every player and everyone in the front office, every coach, everybody believes we can win with Sam, but every player has to handle their business as an individual ... we are just waiting like everybody else."

While Jenkins and the rest of the Philly roster waits to see if Bradford will indeed return or if a new quarterback will be under center when training camp begins this summer, Jenkins buttoned up some personal business of his own.

In what appears to be a mutually beneficial deal, Jenkins will save the Birds $1.5 million against the cap in 2016, perhaps some more pennies to pinch to bring Bradford back, or extend Fletcher Cox.

"Ever since I got here in Philly, I've had the two best seasons of my life," the 28-year-old said. "It has really started to take off, I feel like. And I am just catching stride, timing is everything in this league and its the perfect time for not only myself but for the organization to put things in place to get to the next level." EVAN MACY

Malcolm Jenkins led all Eagles defenders with 109 tackles in 2015. GETTY IMAGES

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Pursuant to the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. #4, No. 2 (Act 2), notice is hereby given that The Praedium Group LLC (Remediator) is submitting a Notice of Intent to Remediate and a Remedial Investigation Report/Cleanup Plan to the Pennsylvania Department of Environmental Protection, Southeastern Regional Office, for the property known as the Former Conversion Systems Inc., located at 200 Welsh Road, in Horsham, Pennsylvania (Site), for a historic release associated with chlorinated solvents. chlorinated solvents were detected in groundwater at the site. Remediation will include demonstration of attainment of Residential Used Aquifer Statewide Health Standards or Site Specific Standards for groundwater. Act 2 also provides that when a site is being remediated to a Site-Specific Standard, the municipality is afforded a 30-day comment period. Publication of this notice in a local newspaper initiates the 30-day public and municipal comment period. Until on or about March 30, 2016, the City of Philadelphia may request to be involved in the development of the remediation and reuse plans for the site, and to develop and implement a public involvement plan. Questions and comments should be submitted to the Department of Environmental Protection, Southeast Regional Office, Land Recycling/Cleanup Division, 2 East Main Street, Norristown, Pennsylvania 19401.

Pursuant to the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. #4, No. 2 (Act 2), notice is hereby given that Made Construction (Remediator) is submitting a Notice of Intent to Remediate and a Remedial Investigation Report/Cleanup Plan to the Pennsylvania Department of Environmental Protection, Southeastern Regional Office, for the property known as 1331-1339 South Juniper Street, in the City of Philadelphia, Pennsylvania (Site), for a historic release associated with gasoline compounds. Gasoline compounds were detected in soil and groundwater at the site. Remediation will include pathway elimination for impacted soil using Site Specific Standards, and demonstration of attainment of Residential Used Aquifer Statewide Health Standards or Site Specific Standards for groundwater. Act 2 also provides that when a site is being remediated to a Site-Specific Standard, the municipality is afforded a 30-day comment period. Publication of this notice in a local newspaper initiates the 30-day public and municipal comment period. Until on or about March 30, 2016, the City of Philadelphia may request to be involved in the development of the remediation and reuse plans for the site, and to develop and implement a public involvement plan. Questions and comments should be submitted to the Department of Environmental Protection, Southeast Regional Office, Land Recycling/Cleanup Division, 2 East Main Street, Norristown, Pennsylvania 19401.

Notice is hereby given that ADCO will hold a public meeting on March 24, 2016 to discuss with the public the findings of the subsurface investigation performed at the site known as 2620 West Girard Avenue, Philadelphia, PA. The public meeting will be held at the Fairmount CDC office at 2712 West Girard Avenue from 6-8 P.M. ADCO intends to develop the property for commercial and residential purposes.

This notice is made under the provision of the Land Recycling and Environmental Remediation Standards Act, the Act of May 19, 1995, P.L. #4, No. 2. This Act provides the opportunity for the municipality to request a public involvement plan for properties for which site-specific standards are being proposed through the submittal of a Notice of Intent to Remediate. The City of Philadelphia has submitted a request to ADCO to be involved in the development and implementation of a public involvement plan at this site. Questions and any comments should be submitted to the Department of Environmental Protection, Southeast Regional Office, Land Recycling/Cleanup Division, 2 East Main Street, Norristown, Pennsylvania 19401.

NOTICE TO: MEN-PRO GENERAL CONTRACTORS, INC.

In the Court of Common Pleas of Philadelphia County, a case was filed under docket February Term, 2015 No.: 00186. The Docket is titled as follows: CAROL ANN MANZ V. JO-DAN ENTERPRISES, ET AL.

You have been sued in connection with the above captioned premises liability claim. If you wish to defend, you must enter a written appearance personally or by attorney and file your defenses or objections in writing with the Court. You are warned that if you fail to do so the case may proceed without you and a judgment may be entered against you without further notice for the relief requested by the plaintiff. **You may lose money or property or other rights important to you.**

YOU SHOULD TAKE THIS NOTICE TO YOUR LAWYER AT ONCE. IF YOU DO NOT HAVE A LAWYER OR CANNOT AFFORD ONE, GO TO OR TELEPHONE THE OFFICE SET FORTH BELOW TO FIND OUT WHERE YOU CAN GET LEGAL HELP

PHILADELPHIA
BAR ASSOCIATION
LAWYER REFERRAL &
INFORMATION SERVICE
One Reading Center
Philadelphia, PA 19107
(215) 238-1701/TTY
(215)451-6197

CHANGE OF NAME NOTICE

Court of Common Pleas for the County of Philadelphia, January Term, 2016, No. 01201. NOTICE IS HEREBY GIVEN that on January 19, 2016, the Petition of Michael Joseph Wallen was filed, praying for a decree to change his name to Michael Joseph Wallen Kane. The Court has fixed February 26, 2016 at 10 o'clock AM in Room 691, City Hall, Philadelphia for a hearing. All persons interested may appear and show cause if they have, why the prayer of said petitioner should not be granted.
Solicitor: Anu Koodathil, Esquire

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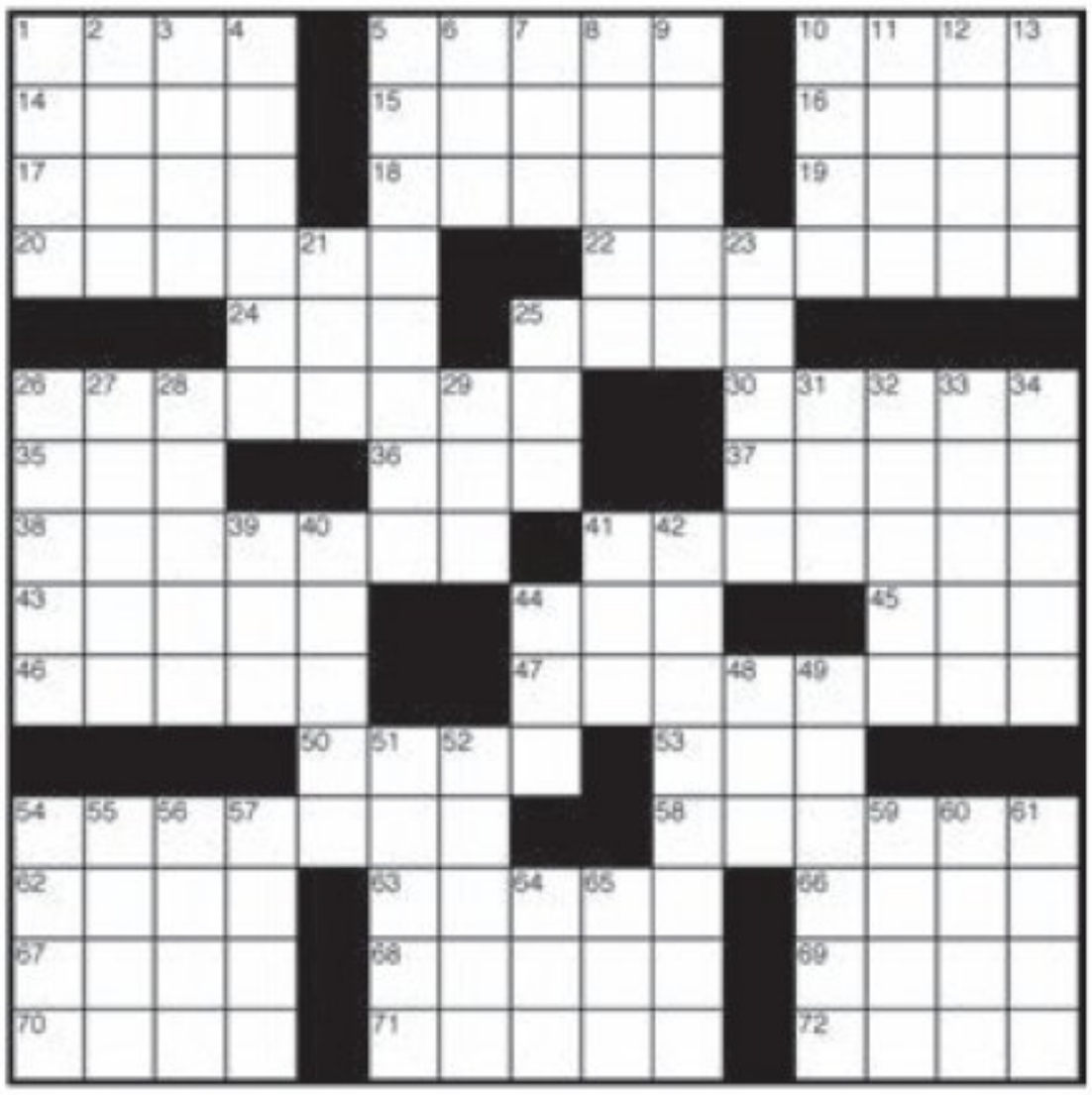

Across

1 Engrossed
5 Cunning
10 Shrivel
14 Chekov's crewmate
15 Acrylic fiber
16 Between ports
17 Go off course
18 Crocks
19 Wade through
20 Smoothed wood
22 Title for Camilla
24 Corn serving
25 PC enthusiast
26 Depression era
30 Moray hunter
35 Lend a hand
36 Web suffix
37 Sink unclogger
38 Respire
41 Made lovelier
43 Pet shop buy
44 Top seed's reward
45 A Knute successor
46 Type of question
47 Editor's chore
50 Post-it message
53 Ego ender
54 -- riche
58 Shutter slat
62 "Diana" singer
63 Splice, in botany
66 Novel "Adam --"
67 66 & 45
68 Repair-bill item
69 — -in-the-bone
70 Damage, slangily
71 Mournful poem
72 Length measure

Down

1 Host's request
2 "The Mammoth Hunters" writer
3 Urgent appeal
4 "I, Tina" penner
5 Name in tires
6 Search engine find
7 Not in the pink
8 Rigs, as dice
9 Come next
10 Take a bath
11 Castaway's refuge
12 Tolstoy et al.
13 License plates
21 Stop for a snack
23 Tenet
25 Mil. branch
26 Pool or coffee —
27 Offers a position
28 Inklings
29 Job-ad letters
31 Drop the ball
32 Veranda, on Maui
33 January, in Jalisco
34 Godzilla foe
39 Film speed no.
40 Kitchen herb
41 Tar's reply
42 Mischief
44 Family mem.
48 Equal, in combos
49 Thickset
51 Flying predator
52 Wall decor
54 DEA operative
55 Not taken in by
56 Small music makers
57 Like the sky
59 "Alice" waitress
60 Kassel's river
61 Funny Foxx
64 Homer Simpson's dad
65 Low-lying clouds

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metro.us/sudoku

easy

4			7					1
	2		1			6		
	7	8	2			5		
6			4					
9	1		5		2		6	7
					8			2
		6			1	9	4	
		1			5		2	
5					4			8

hard

			1					3
	4			7		2	8	
7					5		1	6
2				1			4	
8			4		6			7
	7			8				5
4	8		3					1
	5	7		6			3	
3					8			

metro.us/horoscopes

Aries Don't give in to a bully trying to manipulate you. Take action and establish what you want in order to gain the freedom you need to pursue your plans.

Taurus If you involve yourself in events that interest you, you will meet someone worthwhile. A change in attitude will take place if you are subject to a different way of doing things.

Gemini Your dedication will lead to prosperity. Now is not the time to let someone else handle your affairs or manipulate your mind. Do what's best for you. Romance is favored.

Cancer Partnerships, new friendships and educational events will add to your knowledge and improve your life. Changes at home will be comforting.

Leo Your charm and ability to entertain will draw interest in whatever you do or say. A change at work or in an important partnership looks promising.

Virgo Emotional matters will surface. Don't give in when you should be setting a standard that puts an end to anyone trying to take advantage of you.

Libra Do whatever makes you feel good and eases your stress. A change in a partnership will be in your best interest. Be willing to walk away if you don't like what's being offered.

Scorpio Take an unconventional route. You'll feel more at ease if you avoid letting anyone dictate what you can and cannot do. Strive for excellence if you want to be given greater freedom.

Sagittarius Proceed with caution. Refuse to give anyone information that might jeopardize your position or plans. Emotional manipulation is present and will lead to setbacks.

Capricorn Sign contracts and put in writing any personal commitment you want to make. An unusual concept or plan you shelved will be perfect for the current economic climate.

Aquarius You need a change. An enjoyable service or skill will help supplement your income. Tweak your appearance in order to stand out and set a new trend.

Pisces You'll have opportunities galore if you participate in events or programs you believe in. Partnerships look favorable as long as you insist on equality in all your dealings. **EUGENIA LAST**

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